

For more information or to register please contact:
Carolyn Leake 520-792-1450 ext. 1-6642

DECEMBER2023

Nov 27 9:30am-11:30am Café Meet Up – Sierra Vista 10am ARC: Online Caregiver Support Group	Nov 28 1:30pm-2:30pm Caregiver Whole Health and Wellbeing	Nov 29 1pm VA S.A.V.E. Training	Nov 30	DEC 1 9am Mindfulness Meditation 10am Spirituality and Caregiving
4 11am Advanced Care Planning – In Person	5 8am CSL Education Presentation 1:30pm-2:30pm Caregiver Whole Health and Wellbeing	6 1pm Spanish Language Caregiver Support Call 1pm ARC: Online CG Chat	7 10am Caregiver Hour – All Caregivers 1:30pm CBAW: Creative Writing Workshop	8
11 11am Caregiver Hour – All Caregivers IN PERSON!	12 1:30pm-2:30pm Caregiver Whole Health and Wellbeing	13 10am CSP and ARC Caregiver Resiliency Workshop 5pm CSL Education Presentation	14	15
18 11am Advanced Care Planning – In Person	19 1:30pm-2:30pm Caregiver Whole Health and Wellbeing	20 1pm CSL Education Presentation 1pm ARC: Online CG Chat	21 1:30pm CBAW: Creative Writing Workshop 2pm Caregiver Hour – Caregivers of Veterans with Memory Loss	22
25 FEDERAL HOLIDAY	26	27	28	29